

# A WORD OF LOVE

During my years of teaching and coaching, I've discovered that the biggest thing holding us back is the ability to put into practice what we learn. It's easy to absorb information, but it doesn't automatically translate into action and the transformation we want.

Why? Because good intentions aren't as effective as insights about your true nature and forced effort isn't as powerful as living in alignment with the flow of life.

This is why I created the Today List, an A to Z of what I call Today-Focused Intuitive Living. These are simple, delightful and empowering practices that save you from living every day in the same way.

With Today-Focused Intuitive Living, you free yourself from the trap of living in the remembered past and anticipated future. Instead, you learn to become truly present with life, which spontaneously results in a feeling of wellbeing.

These 26 practices take into account your whole being: physical, psychological and spiritual, because neglecting any one of them leads to a life that feels out of balance.

However, this isn't a To-Do list. These items aren't to be considered things to get done every day. This is all about changing your relationship with every aspect of yourself. Trust yourself to feel your way through it, intuiting what you need and when.

If you approach it with an open mind and heart, it can radically transform your daily experience of life for the better. Within just a few days you could be feeling more balanced, grounded, peaceful and content than you ever have.

This is my gift to you. Read it, explore it, try it, get familiar with it, fall in love with it, memorise it and hide it in your heart to guide you for the rest of your life.

It will never grow old or outdated because everything on it fosters wisdom and wellbeing, bringing you back home to your true nature of love.

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